

ABSTRACT

A fiber is provided wherein the fiber contains an energy receptive additive. The  
5 fiber provides rapid heating when subjected to dielectric energy such as radio frequency  
or microwave radiation. The energy receptive additive has a dielectric loss of between  
about 0.5 and 15, preferably between 1 and 15 and most preferably between 5 and 15.  
The fibers may be crimped, extensible or elastic.